

MEDIA RELEASE

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Hospital hosts public lecture about stroke prevention

Toowoomba Hospital's Dr Nisal Gange will share his thoughts on stroke and heart attack prevention at a public lecture on 1 April.

The free presentation will highlight how people can adopt simple health measures to better their chances against a stroke or heart attack later in life.

As a geriatrician and stroke physician, Dr Gange leads the hospital's Geriatric, Adult Rehabilitation and Stroke Service (GARSS).

"There are a number health measures that community members can take up to avoid suffering a stroke or heart attack," Dr Gange said.

"For example, smoking puts people at risk because it increases your blood pressure, as does poor diet and lack of exercise.

"People should also be seeing their GP regularly after the age of 40 years for a general health check-up."

It is the second time the hospital has staged a public lecture. The first lecture was popular with more than 30 people learning more about diabetes prevention.

The lecture series is aimed at providing the public with informative, evidence-based health information, and access to experts across a range of fields.

Dr Gange's presentation will be held in the hospital's Unara Conference Rooms on Wednesday, 1 April from 6pm to 7pm, with time set-aside for questions.

No bookings are required and a light supper will be provided.

The event is supported by the Toowoomba Hospital Foundation, which will provide free parking to all attendees.

For more information contact 4616 5563.

Ends

MEDIA: Contact Darling Downs Hospital and Health Service Media Team 4699 8547, 0438 702 328 or DDHHS_media@health.qld.gov.au